

YMCA Diabetes Prevention Program Evaluation

Evaluation Report Executive Summary August 2015

Prepared for

Jeffrey Willet
Deanna Van Hersh
Kansas Health Foundation
309 E. Douglas Ave
Wichita, KS 67202

Prepared by

LaShawn Glasgow
RTI International
P.O. Box 12194
Research Triangle Park, NC
27709-2194
<http://www.rti.org/>

Kansas Health Foundation Grant Number: 201110002A
RTI Project Number 0213317.000.001

Executive Summary

In January 2012, the Kansas Health Foundation (Foundation) awarded a grant to the Greater Wichita YMCA for implementing the Kansas pilot of the national YMCA Diabetes Prevention Program (DPP). The YMCA's DPP is an evidence-based lifestyle change intervention that has been proven to prevent or delay diabetes in participants who are at high risk for developing type 2 diabetes (DPP, 2002). The Foundation contracted with RTI to conduct a 3.5-year evaluation of the Kansas pilot of the YMCA's DPP. The evaluation was designed to determine whether the intervention is being implemented as planned, identify implementation barriers and facilitators, and document key outputs and outcomes. Key evaluation activities included:

- regular stakeholder engagement meetings with the Foundation and Greater Wichita YMCA;
- review of Greater Wichita YMCA program documents (e.g., Foundation grant agreement, status reports, program brochures);
- semi-structured interviews with Greater Wichita YMCA DPP staff;
- secondary analysis of de-identified YMCA of the USA DPP participant data and surveys; and
- targeted literature review on diabetes prevention programs for background and context.

The following table provides an at-a-glance summary of key evaluation findings.

Summary of Key Evaluation Findings

Evaluation Questions	Findings Highlights
1. To what extent is the YMCA's DPP being implemented as planned?	Overall, the grantee initiated and implemented seven of the planned 16 classes. DPP reached a total of 62 participants across seven classes.
2. What factors have challenged implementation of the YMCA'S DPP?	Four related implementation challenges were consistently reported by DPP staff: <ul style="list-style-type: none"> • Payment restrictions • Time-intensive process for partnering with insurers • High participation fees • Participant recruitment and attendance
3. What factors have facilitated implementation of the YMCA'S DPP?	Facilitating factors commonly reported by DPP staff include qualified staff and funding resources, and the Y-USA DPP curriculum and data tracking system, MyNetico.
4. What factors influence eligible persons' decisions to decline participation in the YMCA'S DPP?	Program costs and competing priorities were reported as the primary reasons eligible persons declined participation in the DPP.
5. What factors influence participants' decisions to drop out of the YMCA'S DPP?	Based on information gathered in our targeted literature review, factors that affect attrition include sociodemographic characteristics of participants and program accessibility.
6. How can the YMCA'S DPP be improved?	Staff recommendations for improvement included expanding third party payer options, or finding other ways to decrease the costs for participants. Most participant respondents (11 of 15, 73%) indicated that they would not change anything about the program.
7. To what extent has Greater Wichita YMCA achieved intended policy or systems changes?	Greater Wichita YMCA has achieved changes in policies, systems, and environments to promote utilization of the program, such as executing a signed agreement with Sunflower Health Plan to provide Medicaid coverage for the DPP.
8. What benefits do participants report experiencing as a result of participating in the YMCA'S DPP?	All 18 participants who completed surveys indicated that they had experienced improvements in overall health since joining the YMCA's DPP. Most of the respondents also indicated improvements in self-esteem, energy level, sleep quality, interpersonal relationships, and effectiveness at work since joining the YMCA's DPP.
9. To what extent do the YMCA'S DPP participants perceive that they have achieved intended health behavior changes?	All 18 participants who completed surveys agree or strongly agree that they have achieved increased physical activity, incorporated physical activity into daily routine, and reduced portion sizes.
10. To what extent have the YMCA's DPP participants achieved intended distal behavior change or health outcomes by the end of the core sessions?	Based on Y-USA DPP participant data provided, intended weight loss outcomes were achieved. Among the 57 participants who had attended a minimum of four core sessions, the average weight loss was 5% of starting body weight.
11. To what extent are participant outcomes for the core sessions maintained	Y-USA DPP data provided indicate weight loss outcomes were maintained. Among the 31 participants who attended at least 4 core sessions and at least one maintenance session, the average weight loss was 6% of starting body weight